Club Emergency Procedures

Guardian of Safety is listed as a role of the trip leader in *Mountaineering, The Freedom of the Hills* 8th edition. ”The paramount concern of any party is safety, starting in the planning stage. A leader should ensure that everyone has appropriate equipment, experience and stamina and that the route chosen is reasonable for the party and in safe condition.”

**Before the hike:**

1. Leave details of your trip with someone responsible.
2. Cut out and carry (add the name of the county/ranger district to your printed roster for reference):



**The seven steps in accident response** (from*Mountaineering, The Freedom of the Hills* 8th edition)**:**

1. **Take charge of the situation**. The leader is in charge of the entire group’s welfare and any evacuation efforts; the first-aid leader is in charge of the first-aid effort.

2. **Approach the patient safely**. Protect the patient from further injury, and protect the party by choosing a safe approach to the patient.

3. **Perform emergency rescue and urgent first aid**. The first-aid leader directs moving the injured person to a safer location if necessary and conducts a primary examination to identify and treat potentially fatal conditions. The first-aid leader checks ABCD – Airway + Breathing + Circulation +Deadly bleeding – and administers CPR if needed.

4. **Protect the patient**. The first-aid leader is alert for the signs and symptoms of shock and provides insulation, dry clothing, pain management, and psychological support, including reassurance and sensitive care.

5. **Check for other injuries**. The first-aid leader conducts a through secondary examination of the patient and records findings on an accident report form. [This can be found on the Mountaineers website]

6. **Make a plan**. The leader decides how best to evacuate the injured person.

7. **Carry out the plan**. Keep the needs of the patient in mind and constantly monitor the patient’s condition and the progress of the plan.

**Emergency contact procedures:**

If it is necessary to send for help, send the two strongest members of the party, who know the route back to the trailhead to telephone for help (if possible send cell phones from more than one carrier). Be sure they have appropriate car keys and a copy of the Accident Report form. The responders will want this information so they know what the situation is and also the precise location.

First call 911, and ask to be transferred to the Sheriff of the county you are in (or National Park Service for Rainier, Olympics, & North Cascades) for a Search and Rescue (SAR). Then call the Mountaineers at (206) 521-6030. This will bring the services of the Mountaineers organization to bear. The club representative can provide advice on managing through the incident, notify emergency contacts and relevant committee/club leadership, and serve as spokesperson for external organizations such as the media.

**Reporting:**

Minor accidents (treated on the spot, does not require assistance in evacuation, and will not cause future complications) are reported on the online Trip Report.

A serious accident is one that: 1) requires assistance back to the trailhead, or 2) requires assistance in evacuation, or 3) requires hospitalization, or 4) is treated by a medical professional, or 5) results in death. Serious accidents are reported on the online Trip Report and the Accident Report form (hard copy).

**Additional notes**:

Don’t assign a medical professional to be the first-aid leader, this is a volunteer position. In the event of an emergency the entire group is a resource. No one should leave.

The first-aid (MOFA) leader will ask for assistance (i.e. recorder, lifting the patient) as needed. The trip leader should make sure everyone has something to do and no one is alone. Consider the hypothermia risk to the group and take precautions as needed.

Start with the patient’s own supplies in providing care. Most likely the patient is not carrying pain or other medications they are allergic to. Not every incident leads to a cancelled trip, but it will if trip members no longer carry the ten essentials because they gave them away.

Professional Remote Medical International instructors asked students to always remember two things:

* Warm is alive.
* Create no new victims.

**Lost Hiker:**

* Determine when hiker was last seen.
* Plan a search party – don’t send anybody out alone; nobody should be waiting alone while group searches.
* Designate a time and place to reassemble all search groups
* If hiker is not found contact the local sheriff or park ranger.
* After rescue initiated, contact the Mountaineers via emergency line: 206-521-6030